



Southside Coffeehouse - Sept. 25th

Open Arms is proud to present a Coffeehouse you won't want to miss. Kristin

Lems will be appearing at the 2nd Southside Coffeehouse. Kristin has been delighting audiences for nearly 20 years. She has 7 albums of original songs to her credit and in 1974, she founded the National Women's Festival. Opening for Kristen will be Sherry K. a local pianist. She entertained us at a Coffeehouse held at Southside on April 24 this year. She is a wonderful pianist that plays classical, jazz and gospel, all with her special flair. The audience just loved her.

The program will begin at 7:30 p.m. Admission will be by donation - \$5 suggested, more if you can, less if you can't. The Coffeehouse will be held in the fellowship hall of Southside Christian Church, 1329 E. Jackson Road, South Bend, IN. Jackson Road runs East off of Miami Road just South of Ireland Road (Scottsdale Mall) The Church is on the North side of Jackson road just past an apartment complex.

"A woman is like a teabag - you never know how strong she is until she gets into hot water."

Eleanor Roosevelt

Time Magazine is conducting a poll today around the "right" of Boy Scouts to exclude gays. Please go to this site and cast your vote! This might be one of the few polls worth participating in. Please pass this on to any other lists/friends you think would be appropriate.) <http://www.pathfinder.com/time/daily/poll/0,2637,boyscouts,00.html>

Subject: Same-Sex Marriage Poll

Here's a link to the web site of the Christian Science Monitor and a chance to vote your conscience on the subject of same sex marriages and to send this to everyone who would like to know about it. <http://www.csmonitor.com/atcsmonitor/commop/polls/p-0720poll.html>

INDIANA LEADERSHIP COUNCIL CONVENES

The Indiana Leadership Council will meet on Sunday, September 19 at 2 pm in Indianapolis. This Council, created by Justice, includes leaders from Gay, Lesbian, Bisexual and Transgender organizations from throughout Indiana, to determine legislative and political priorities for the community.

Justice President Wally Paynter is asking gay, lesbian, bisexual and transgender organizations from throughout Indiana to send a leader to this September 19 strategy session. The Council is determining strategy for political priorities for the year 2000, including the new anti-gay adoption fight, the effort to address anti-gay violence/harassment in schools, and the fight to keep sexual orientation in the proposed hate crimes law.

In order to be successful, the Leadership Council needs GLBT leaders from throughout the state to participate and help plan this strategy. Justice, Inc. will help pay mileage to and from Indianapolis for leaders from outside Indianapolis who attend.

For more information, call Justice President Wally Paynter at (812) 474-4873 or e-mail him at paynter@midwest.net.

REPORT HATE CRIMES

Justice continues to take hate crimes reports from Indiana victims. All reports are confidential and anonymous. To report a hate crime, call (317) 634-9212 or e-mail hatecrime@justiceinc.org. Justice, Inc. is a member of the Indiana Civil Rights Commission Hate Crimes Reporting Network. Anyone who has been a hate crime victim in the past can also make a report, and is encouraged to do so.

Millennium March on Washington for Equality April 30, 2000 . Washington, DC

This will be the 4th National US March on Washington in the history of the GLBT justice movement. We invite you to visit the official MMOW website at <http://www.mmow.org>

We hope you'll help share the news about the Millennium March on Washington for Equality and we hope to see you in Washington, DC -- along with hundreds of thousands of gays, lesbians, bisexuals and transgendered persons and our enlightened allies

An LGBT Call To Action:

We marched to state capitals in March of 1999!

We're marching to our nation's capital in April of 2000!

We're marching to the ballot box in November of 2000!



COMMUNITY EVENTS

"Singled out" for September....Saturday the 25th, an evening of fun and entertainment and an opportunity to meet people. Please come to the Kristin Lems concert at the Southside Christian Church. If you have any questions regarding this singles outing or in general please call Lynn at 259-6801

September 3 & 5....College Women's Soccer Tournament ND, North Carolina, Duke, Connecticut at ND's Alumni Field
Call 219-631-7356 for tickets

Sunday, Sept. 5, Midwest Womyn's Autumfest, in Decalb, IL with Robin Tyler, Ferron, Lucie Blue Tremblay.
Visit website at MWAUTUMN@AOL.COM.

Saturday September 11, ...Ohio Lesbian Festival at the Frontier Ranch, just east of Columbus. Artists include Quartetto diLesbos, 2 Girls Alone, Voices of Africa, Jasmyn, and Alix Dobkin.....more info next month

September 10 - 12.....Commitment 1999, an annual event held at the War Memorial in Downtown Milwaukee, begins Fri. evening. This event is for gay & lesbian recovering individuals and friends. There will be workshops on a variety of reco very topics, keynote speakers, Friday night Play, Sat. pizza party and dance. Questions: Barb S. 414-483-6288 or Peter D. 414-305-9291

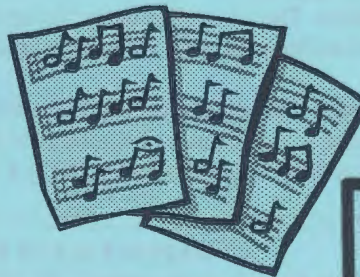
September 17, 18, & 19...A concert by Sherry K. and the Wagon Wheel Orchestra at the Ramada Wagon Wheel Theatre in Warsaw, IN. Sherry and the other musicians will rise out of the "pit" and provide an entertaining production of diverse instrumental music. Playing everything from classical to dixieland to gospel to jazz, the group will perform on stage at 7PM on the 17th & 18th and at 2PM on the 19. Tickets are \$15.00 and on sale now. Call the box office 219-267-8041. Everyone is invited to attend this unique jam session.

Friday, September 24,... Gay Day At King's Island Gates open at 5 PM, park open until after fireworks at 11PM Live entertainment with performers from Indiana & Kentucky. Tickets \$29.50 in advance, \$34.50 at the gate. For ticket outlet info, call 513-591-0200

September 25...8:30 am -4pm Carol Ritberger, Ph.D., author of "Your Personality, Your Health" will be conducting a one day, experiential workshop. This workshop explores the connection between personality, the human energy system, the chakras, and wellness. Topics include: personality...it's your genes; identifying your personality color thriygh an assessment; connecting the human energy system to personality type; the four layers of the energy system; the energy system as a diagnostic tool; chakras-connecting spiritual to physical and more. Call Sharon Mayer 219-232-9006 or Sue Myers 219-674-4107 for more infomation

November 12-14.....5th Annual Witches Gathering for Hallows is a conference for womyns' spiritual growth as well as community building. This year's focus is "Turning of the Wheel: Sacred Magic." The Re-formed Congregation of the Goddess-International invites all women to participate in an exciting, supportive and thought-provoking weekend. Vegetarian meals served each day. Registration fee is \$125 to \$155 (depending on how early you register). Write with SASE for free brochure: Gathering of Priestesses '99, RCG, Box 6677, Madison, WI 53716 or contact Deb or Jade, 608-257-5858

Saturday, September 25....Kristin Lems IN CONCERT



Kristin Lems

Carol Slater Productions
221-C Dodge, Evanston IL 60202
847-864-4171

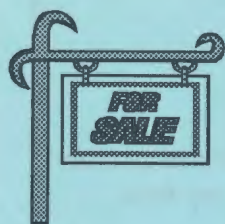


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GARAGE SALE JUNKIE

by Lee Lynch

Sixty-five cents, total. That's my idea of successful garage-sailing.

I went out this morning for an appointment and hit two sales on the way home, at about 9:30 a.m.. I was late. The best times to check out a sale is at the start, when all the good stuff is available, or at the very end when the sellers are desperate to dump what's left.

Sometimes the early birds get the best merchandise. The people who arrive before the scheduled start time generally have an eye for what's valuable. Since I'm a rank amateur and have little idea of market values, 9:30 suits me fine.

I immediately spotted the two sugar sprinklers I'd been seeking for weeks, one to hold raw sugar, the other for cinnamon and sugar. These objects d'art are the 18-sided glass containers with peaked stainless steel lids that diners and greasy spoons once set on counters and in booths. Now every restaurant offers those big-yawn packets that waste paper and ration sugar use.

The sprinklers were ten cents apiece. Not bad for modern art. Then I spied the trade paperback edition of Carolyn Chute's best selling "The Beans of Egypt, Maine." It was worth the quarter for the cover alone. I've always hankered after that book & was glad to see it valued higher than sugar holders.

Of course, if I were out to make money, this third edition would have been beneath my notice. Instead, I seem to be out to spend money, though not a whole lot of it.

I added to my treasures two cassette tapes, "Switched On Classics" and a Boston Pops. These masterpieces of music to drive by were also a dime. Although I may occasionally use the tapes while driving, their purpose is inspiration. When I sit wide-eyed with computer fatigue, combing my brain for the next line of dialogue to issue from the mouth of a difficult character, I'll play a bouncing "Capriccio Italien" or "Peer Gynt Suite," and find myself revived and my character an unexpected motor mouth.

The garage sale bug was slow to overtake me. I used to be shy. Invading the property of strangers, rejecting -- or worse, buying -- their possessions felt rude. But I'm getting over it. We Americans have acquisitive natures for the most part. Town-sized shopping malls and planned obsolescence inevitably led to recreational shopping. The real value of the dollar as measured by poor and working poor pockets created a thriving second hand goods industry. Tag, garage and yard sales are do-it-yourself tax cuts. Neither party pays a sales tax. The savings are a reward for recycling objects that would otherwise clog landfills. The whole process is an economic and environmental coup for and by the people. I'm being a good citizen while I get swell and occasionally useful Stuff.

I snare tacky cat figurines, always. After that, I have a shopping list.

Lover gets the odd item of clothing like the denim jumper I knew she'd look good in and snagged for seventy-five cents. The Revered Poet wants an assortment of ear warmers. I scan old kitchen utensils for the Attorney, but the prices are outrageous. The Crab (her sign, not her nature) collects 1950s and 1960s paperback cookbooks. Dot lusts after any book. Dotty admires New Age paraphernalia. Dragons and Leggos go to the Concierge, turtles to the Hotelier, metal cars and the list goes on.

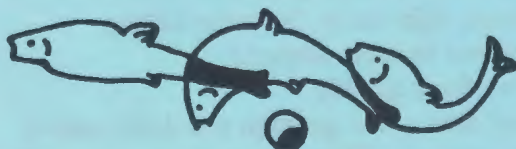
The trinkets I purchase vary by what's offered on a particular weekend. One Saturday I lugged home a huge piece of shiny obsidian (five bucks), the next, eleven puzzles for Lover (fifty cents). Some sales are especially memorable, like the one where I found a bag full of old table linens, neatly ironed and ready for company, all for sixty cents.

I can see the theme park now: The Great Garage Sale -- An Adventure in Buying! A futuristic Roosevelt Field where you can "buy" a pedal boat, cruise across the worker-made lake and under the make-believe waterfall, then "sell" the boat at the Infinite Rummage Sale and pick up a rusted cruiser to bike through the quaint subdivision where every other house has a rich lode of Things on its front lawn and Fifties families in period costumes accept G.G.S. tokens as payment.

I sometimes feel odd, the only woman at the men's clothing rack, the dyke trying on a pristinely preserved fedora. I'm still not entirely comfortable in a stranger's garage. Yet the excitement of the hunt is keen. And any kitsch that can be hauled home is an instant sixty-five cent trophy.

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Send your ad to: The Court of Friends, P.O. Box 845, Mishawaka, In. 46546 You will be assigned an ID number.

Your letter and ID number will be published in the next issue. Those wishing to respond to a published single, may do so by enclosing their reply in a **stamped, sealed envelope with the ID number written in PENCIL on the front of the envelope.**

Place your reply into another envelope and mail to: The Court of Friends. Your reply will then be addressed to the corresponding single and mailed.

#84.....Cute, petite, young looking, mid 40's. I enjoy long walks, bike rides, animals and seafood. I am looking for someone to share these interests and maybe more

#85.....Hi! We are a lesbian couple looking for other lesbian couples in the Niles-South Bend-Mishawaka area. Looking to play cards, have cookouts and bonfires, or go out dancing with. Don't let the summer go by without making some new friends.
Email us @ pa69Ba@aol.com

#86.....I am a black female, 34, humorous, passionate, warm and kind. I love animals, movies, dining out and quiet times at home. I would like to meet a feminine/soft butch with the same interests age 25 to 45. Please no Bi's or head games.

#87.....I'm a not so soft looking butch, 52 years old. Looking for friends or possible mate. They must like the outdoors, some sports, cookouts, movies, music, traveling and friend and family get togethers. Someone who likes to take vacations and likes romantic get-a-ways. Must be able to communicate likes and dislikes and have somewhat of an open mind. Would like persons between ages of 43 and 55.

#88.....Hi. This 33 year old s-s/d has many interests. Bowling, music, movies, quiet times, family times walks and talks just to name a few. Always open to new ideas. In search of single female with similar interests for friendship/possible relationship. Kids ok. If interested, please drop me a line. I'm looking forward to hearing from you. Sorry, no e-mail.

#89.....Hi, I'm looking to meet new people. I'm 49 and basically fem. I like crocheting, gardening, puzzles, sun-rises, candle-lit dinners and good companionship

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15 INSTRUCTIONS FOR LIFE

1. Give people more than they expect and do it cheerfully.
2. Memorize your favorite poem.
3. Don't believe all you hear, spend all you have or sleep all you want.
4. When you say, "I love you", mean it.
5. When you say, "I'm sorry", look the person in the eye.
6. Be engaged at least six months before you get married.
7. Believe in love at first sight.
8. Never laugh at anyone's dreams.
9. Love deeply and passionately. You might get hurt but it's the only way to live life completely.
10. In disagreements, fight fairly. No name calling.
11. Don't judge people by their relatives.
12. Talk slowly but think quickly.
13. When someone asks you a question you don't want to answer, smile and ask, "Why do you want to know?"
14. Remember that great love and great achievements involve great risk.
15. Call your mom.

IN THE NEWS



Archbishop Ignites Row:

The Archbishop of Canterbury staged a secret summit with leading gay campaigners, sparking a fierce row with fundamentalist Christians. Archbishop George Carey's decision to play host to what sources say was a "hospitality day" for a group of gay activists last month will inflame controversy within the Church of England over attitudes towards homosexuality.

With the Church of England congregations membership numbers dropping below those for the Roman Catholic Church, sexuality has become the main battleground between liberals and conservatives. Last year a stormy conference of bishops resulted in a resolution stating that "homosexual practice was incompatible with Scripture." In response, liberal Anglicans published a Pastoral Statement affirming the rights of lesbians and gay men in the church. One third of the Church of England bishops signed the Statement.

Tolerant Luxembourg welcomes Hormel:

When James Hormel, the first openly gay ambassador the United States has ever sent abroad, takes up his post this month. US approval of the 66 year-old heir to the Hormel food fortune and a former dean at the University of Chicago Law School was held up for nearly two years because of a small number of conservative senators. Most Europeans write it off as just another example of American prudishness. Luxembourg approved Hormel's nomination from the first time that it was proposed, in October of 1997. Officials point out that although Luxembourg is a conservative Roman Catholic nation, its residents draw a clear distinction between public and private acts and tend to withhold moral judgments. It also has very strong anti-discrimination laws. Members of Luxembourg's homosexual community tend to agree....they say it's okay to be gay....just don't make waves.

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Kim or Barb
219-259-0906

Have you ever looked at quilts, afghans or other crafts and wished you could find one with a triangle or a rainbow or some other symbol? CALL US - WE CAN HELP!

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Kim and I are independent distributors of a wonderful line of all natural, herbal weight loss products, vitamins, dietary supplements, concentration aids, etc. We approached this venture with much skepticism; but much to our surprise and delight, we quickly overcame that. In the short time that we have utilized the products ourselves - we feel much more energetic and have each lost 30+ pounds. We are firm believers in the quality and efficiency of this line of products and would like to help you become a believer too! So, if you need to lose a few pounds but hate to diet, want to feel more energetic, or want to increase your ability to focus and concentrate - CALL US - WE CAN HELP!

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For more information, contact Justice at:
(317) 634-9212 or e-mail us at
lesbianhealth@justiceinc.org

Justice, Inc., PO Box 2387, Indianapolis, IN 46206
Justice, Inc. is Indiana's Statewide
Civil Rights Organization
On Gay, Lesbian and HIV issues

Please send submissions to:

Open Arms, P.O. Box 845, Mishawaka, IN. 46546
e-mail address mbdkjk@juno.com
e-mail address suze3@juno.com
Kaye & Marcia.....219-271-0338
Suze.....219-246-1195

OPEN ARMS MISSION STATEMENT

Open Arms exists to disseminate diverse information of interest to the Michiana lesbian community. *Open Arms* is mailed monthly in a security envelope with a PO Box return address only. Our mailing list is kept confidential and never shared with other publications or special interest groups.

WELLNESS CORNER

By Susan Myers, R.N.,
LCSW, HTP, Holistic Health Counselor



We are made up of energy.....the Life Force, which creates a state of balance and wellness within the matter we call our bodies. There are several types of energy work, including healing touch, therapeutic touch, vibrational medicine, and Reiki (pronounced RAY-key), etc.

REIKI

Reiki is a form of Japanese spiritual healing. It has its foundations in ancient Tibetan Buddhism, and was apparently forgotten until its rediscovery in the late 19th century. Practitioners draw on "reiki energy," channeling it to areas of need in themselves and their clients. They borrow terminology from physics, claiming that reiki acts at an atomic level, causing the body's molecules to vibrate with higher intensity and thus dissolving energy blockages that lead to disharmony and disease. Reiki is becoming popular in the West, with over 200,000 initiates in North America, Europe, and Australia.

Dr. Mikao Usui, the founder of Reiki, was a Japanese theologian who studied the secret of Christ's healing power. Usui spent 14 years seeking the secrets of healing, and claimed that the answer came to him in a vision. The Japanese word reiki is derived from rei (universal) and ki (life energy). The ancient reiki healing practices of Tibetan Buddhism were believed to have been lost over the centuries, until Dr. Usui rediscovered and reinterpreted them in the late 19th century. One of his pupils, Dr. Hayashi, passed on this knowledge to Hawaio Takata, a Japanese woman living in Hawaii, who introduced reiki in the West in the 1970s. In 1981, her pupils formed the Reiki Alliance, which now has over 800 members world wide.

Reiki aims to promote health, maintain well-being, and help people attain a higher consciousness. Some of the main uses of Reiki include: reduction of stress related conditions, including headaches, fatigue, insomnia, and anxiety; emotional stress; and pain relief; relaxation; immune support, etc. Practitioners say that before acting as a channel for reiki, their physical and spiritual (or "etheric") bodies need to be "attuned" according to ancient and secret symbols revealed to initiates in three stages over years. Once the healing channel is opened, it is thought to remain active for life and can be used when required. You are asked to "formulate your intent" (to say what you wish the practitioner to treat), but since it is thought that reiki "works for the highest good," it may not necessarily offer a cure. Each treatment session lasts about an hour. You lie clothed on a treatment table and the practitioner holds his/her hands on or over your body in 12 basic positions for about five minutes each: four are on the head, four on the front of the body and four on the back. This is said to balance the body's energy centers, or chakras. Some clients may feel relaxed after treatment; others feel invigorated. Practitioners channel ki, or "life energy," to the client to rebalance and replenish areas where it is depleted. Channeling reiki is also said to clear the practitioners' own energy blocks, encouraging inner strength and self-growth. Reiki may also be practiced as a form of absent healing or long distance healing.

The principles on which reiki is based lie far beyond the realm of conventional science, and most doctors would regard it as little more than an exotic-sounding healing ritual. While the concepts and terminology may seem far-fetched, some doctors might see reiki as an artistic and imaginative adjunct to health care, provided that the physical disease is being dealt with by conventional treatment.

Many body workers and other healing energy workers are now being trained in the techniques of Reiki. These energy modalities promote a strong sense of healing and well being.

treat's street



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Imagine life as a game in which you are juggling some five balls in the air. You name them - work, family, health, friends and spirit and you're keeping all of these in the air. You will soon understand that work is a rubberball. If you drop it, it will bounce back. But the other four balls-family, health, friends and spirit - are made of glass. If you drop one of these, they will be irrevocably scuffed, marked, nicked, damaged or even shattered. They will never be the same. You must understand that and strive for balance in your life. How? -Don't undermine your worth by comparing yourself with others. It is because we are different that each of us is special. Don't set your goals by what other people deem important. Only you know what is best for you. Don't take for granted the things closest to your heart. Cling to them as you would your life, for without them, life is meaningless. Don't let your life slip through your fingers by living in the past or for the future. By living your life one day at a time, you live ALL the days of your life.

Don't give up when you still have something to give. Nothing is really over until the moment you stop trying.

Don't be afraid to admit that you are less than perfect. It is this fragile thread that binds us to each other.

Don't be afraid to encounter risks. It is by taking chances that we learn how to be brave.

Don't shut love out of your life by saying it's impossible to find. The quickest way to receive love is to give; the fastest way to lose love is to hold it too tightly; and the best way to keep love is to give it wings.

Don't run through life so fast that you forget not only where you've been, but also where you are going.

Don't forget, a person's greatest emotional need is to feel appreciated.

Don't be afraid to learn. Knowledge is weightless, a treasure you can always carry easily.

Don't use time or words carelessly. Neither can be retrieved.

Life is not a race, but a journey to be savored each step of the way.

Yesterday is History, Tomorrow is a Mystery and Today is a gift: That's why we call it The Present...



Cathy Lambert, M.S.W., L.C.S.W.

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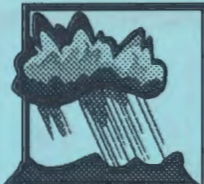


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September 1999

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 	2	3 	4
5 	6 	7 	8	9 	10	11
12	13 	14	15	16	17 	18
19 	20	21	22	23	24 	25
26	27	28	29	30 		

BIRTHDAYS

1, Mary C.
6, Kim K.
7, Phyllis M.
9, Ann T.
13, Lisa O.
17, Maryann R.
30, Jean M.

SPECIAL EVENTS

3rd-5th... Women's Collegiate
Soccer Tournament, Notre
Dame University

5th...Midwest Womyn's
Autumfest, Decalb, IL

17th-19th.....a concert by
Sherry K and the Wagon Wheel
Orchestra in Warsaw, IN, play-
ing everything from classical to
dixieland to gospel and jazz

24th...Gay Day at Kings Island

25th....Sherry K & Kristin
Lems performing at the 2nd
Southside Coffeehouse

Listen to the music of Sherry
K. and Kristin Lems and others
on "The Women's Circle"
WGCS, 91.9 FM on Sunday
evenings 6 to 7 P.M. hosted by
Wilma Harder